



MADISON COUNTY HEALTH DEPARTMENT

*To protect, promote and improve the health of our community.*

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## **Positive COVID-19 Case**

If you have tested positive for COVID-19 or have been in close contact with a person who tested positive and are having symptoms, please read all the information below.

### **What to do if you have tested positive for COVID-19:**

Please start isolating at home as soon as you test positive. Isolation means staying in a room by yourself away from other household members. If you can, use a separate bathroom. If you cannot use a separate bathroom, use a bleach solution to clean all high-touch surfaces (including counters, sinks, tabletops, doorknobs, toilets, phones, remote controls, keyboards, tablets, and bedside tables) each time after the positive person has used the bathroom. Avoid sharing personal household items (dishes, drinking glasses, cups, eating utensils, towels, or bedding), wear a mask in the home if you must leave your isolation room or be around others, and call ahead before visiting your doctor. The isolation period will be at least 10 days from the day symptoms started or the day of your positive test, whichever happened first. **Only leave your home if you are seeking medical care.** A disease investigator from the Madison County Health Department will be calling you to provide more information and ask some questions about your illness. The disease investigator will also provide you with a letter about your isolation to provide to work and other places as needed. More information will be sent to you for you to share with anyone you were in close contact with starting 2 days before your symptoms started or your positive test date. Please tell everyone you would consider a close contact that they are a close contact and share the information provided to you. The disease investigator will also ask you for a list of those you were in close contact with during the infectious period.

### **What is a close contact?**

A close contact is anyone who was 6 feet or closer to someone who tested positive for COVID-19 for a total of 15 minutes or more in a 24-hour period, with or without a mask on. If you spent 5 minutes at a meeting with a positive case and then 10 minutes with the case in an office, both times less than six feet apart and in the same day, you would be considered a close contact.

**When to seek medical care:** Seek medical care right away if any of these symptoms start.

- Trouble breathing
- Persistent pain or pressure in chest
- New confusion
- Not able to wake or stay awake

\*\*Due to a higher number of cases, it may be a few days after your positive test before the Madison County Health Department calls about your isolation. Please isolate and follow the instructions in this letter until you hear from our team. If you have questions or need information that is not covered in this letter, please call the Madison County Health Department at 859-623-7312.

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- Blue colored or tinted lips or face

## **What about Vaccination?**

### **Have you been fully vaccinated?**

In general, people are considered fully vaccinated:

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine

If you do not meet these requirements, regardless of your age, you are **NOT** fully vaccinated. Keep taking all precautions until you are fully vaccinated.

### **If you've been fully vaccinated:**

- If you've had close contact with someone who has COVID-19, you should get tested 3-5 days after your exposure, even if you don't have symptoms. You should also wear a mask indoors in public for 14 days following exposure or until your test result is negative. You should isolate for 10 days if your test result is positive.
- To reduce the risk of being infected with the Delta variant and possibly spreading it to others, wear a mask indoors in public if you are in an area of substantial or high transmission. Madison County is currently an area of high transmission.
- You might choose to wear a mask regardless of the level of transmission if you have a weakened immune system or if, because of your age or an underlying medical condition, you are at increased risk for severe disease, or if a member of your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated.

### **Where can I be vaccinated once isolation is over?**

Vaccines are free to everyone and available at many sites in Madison and surrounding counties. You should wait until you are without symptoms and have finished your isolation period before being vaccinated.

To find the closest site to you visit <https://www.vaccines.gov/>

- Click the light blue button that reads "Find COVID-19 Vaccines".
- On the next page enter the zip code and press search. It will list all locations near or in that zip code that have or recently had vaccines available.
- If you click on a specific site it will pull up the address, phone number, type of vaccine available, and some have a link to schedule an appointment online.

If you are 18 and older, you may also schedule to receive a vaccine at the Madison County Health Department at 859-626-4223.